

Club 4 Fitness - Tillman's Corner November Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS BODYPUMP 5:15AM - 6:15AM Studio/Group</p> <p> sprint 5:15AM - 5:45AM Cycle</p> <p> LES MILLS RPM 7:00AM - 7:50AM Cycle</p> <p>LES MILLS BODYCOMBAT 8:30AM - 9:30AM Studio/Group</p> <p> LES MILLS CXWORX 9:45AM - 10:15AM Studio/Group</p> <p> LES MILLS BODYPUMP 12:00PM - 1:00PM Studio/Group</p> <p> barre 2:00PM - 2:30PM Studio/Group</p> <p> LES MILLS BODYCOMBAT 4:30PM - 5:30PM Studio/Group</p> <p>LES MILLS BODYPUMP 5:40PM - 6:40PM Studio/Group</p> <p> sprint 7:00PM - 7:30PM Cycle</p>	<p> LES MILLS BODYCOMBAT 5:15AM - 6:15AM Studio/Group</p> <p> LES MILLS RPM 5:15AM - 6:05AM Cycle</p> <p> barre 8:30AM - 9:00AM Studio/Group</p> <p> sprint 9:00AM - 9:30AM Cycle</p> <p>LES MILLS BODYPUMP 9:30AM - 10:30AM Studio/Group</p> <p> LES MILLS GRIT STRENGTH 12:00PM - 12:30PM Studio/Group</p> <p> LES MILLS BODYPUMP 2:30PM - 3:30PM Studio/Group</p> <p> LES MILLS CXWORX 4:30PM - 5:00PM Studio/Group</p> <p> LES MILLS RPM 5:15PM - 6:05PM Cycle</p> <p> LES MILLS BODYPUMP 6:00PM - 7:00PM Studio/Group</p>	<p> LES MILLS BODYPUMP 5:15AM - 6:15AM Studio/Group</p> <p> sprint 5:15AM - 5:45AM Cycle</p> <p> LES MILLS CXWORX 8:30AM - 9:00AM Studio/Group</p> <p> LES MILLS GRIT CARDIO 9:15AM - 9:45AM Studio/Group</p> <p> sprint 10:00AM - 10:30AM Cycle</p> <p> LES MILLS BODYPUMP 12:00PM - 1:00PM Studio/Group</p> <p> barre 4:30PM - 5:00PM Studio/Group</p> <p> LES MILLS RPM 5:00PM - 5:50PM Cycle</p> <p> LES MILLS BODYFLOW 6:20PM - 7:20PM Studio/Group</p>	<p> LES MILLS RPM 5:15AM - 6:05AM Cycle</p> <p>LES MILLS BODYSTEP CLASSIC 5:15AM - 6:15AM Studio/Group</p> <p>LES MILLS sprint 8:00AM - 8:30AM Cycle</p> <p> LES MILLS BODYPUMP 8:30AM - 9:30AM Studio/Group</p> <p> LES MILLS BODYFLOW 9:45AM - 10:45AM Studio/Group</p> <p> LES MILLS BODYCOMBAT 12:00PM - 12:30PM Studio/Group</p> <p> LES MILLS CXWORX 12:30PM - 1:00PM Studio/Group</p> <p> LES MILLS BODYPUMP 2:30PM - 3:30PM Studio/Group</p> <p> ZUMBA 4:30PM - 5:30PM Studio/Group</p> <p>LES MILLS sprint 5:30PM - 6:00PM Cycle</p> <p> LES MILLS BODYPUMP 6:00PM - 7:00PM Studio/Group</p> <p> LES MILLS RPM 6:30PM - 7:20PM Cycle</p>	<p> sprint 5:15AM - 5:45AM Cycle</p> <p> LES MILLS CXWORX 5:15AM - 5:45AM Studio/Group</p> <p> LES MILLS BODYFLOW 8:30AM - 9:30AM Studio/Group</p> <p> LES MILLS BODYPUMP 4:00PM - 5:00PM Studio/Group</p> <p> LES MILLS BODYFLOW 5:15PM - 5:45PM Studio/Group</p>	<p> sprint 7:30AM - 8:00AM Cycle</p> <p>LES MILLS BODYPUMP 8:05AM - 9:05AM Studio/Group</p> <p>LES MILLS BODYATTACK 9:15AM - 10:00AM Studio/Group</p> <p>LES MILLS BODYFLOW 10:25AM - 11:25AM Studio/Group</p> <p> LES MILLS RPM 12:00PM - 12:50PM Cycle</p>	<p> LES MILLS BODYFLOW 8:15AM - 9:15AM Studio/Group</p>

LES MILLS
BODYATTACK

BODYATTACK™ is a high-energy, sports-inspired workout with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

LES MILLS
BODYCOMBAT

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

LES MILLS
BODYFLOW

BODYFLOW® is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

LES MILLS
BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

LES MILLS
BODYSTEP CLASSIC

BODYSTEP™ is basic stepping, just like walking up and down stairs. This full-body cardio workout will really tone your butt and thighs.

LES MILLS
sprint

LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.

LES MILLS
barre

A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

LES MILLS
BODYCOMBAT

Learn the basic moves and format of a LES MILLS BODYCOMBAT workout in this quick introduction.

LES MILLS
BODYFLOW

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LES MILLS
BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS
CXWORX

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LES MILLS
GRIT | CARDIO

Learn the basic moves and format of a LES MILLS GRIT workout in this quick introduction.

LES MILLS
GRIT | STRENGTH

High-intensity interval training designed to improve strength and build lean muscle.

LES MILLS
RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

LES MILLS
sprint

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.



ZUMBA - Pretty much the most awesome workout ever. Dance to great music, with great people, and burn a ton of calories without even realizing it.

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